

SOME WOMEN  
ARE DISCOVERING  
THE SECRETS  
TO TAKE A STAND  
AGAINST AGING.

Your life  
is about  
to change  
for the  
better.

Call the Texas Department of Health  
at 1-800-242-3399 or check our website  
at [www.tdh.state.tx.us/osp/osteo](http://www.tdh.state.tx.us/osp/osteo)



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## THEY START BY DOING THESE SIMPLE THINGS.

- > **MAKE** sure you're consuming 1,000 mg. of calcium a day before menopause. After menopause or after a hysterectomy, a woman should consume 1,500 mg. of calcium a day from her diet or calcium supplements. (Calcium levels: 3 oz. salmon -203 mg.; 1/2 cup tofu - 434 mg.; 1 cup broccoli-136 mg.)
- > **GET** enough vitamin D (400-600 IU), which helps your body use calcium. Taking multivitamins, being in the sun about 5 to 15 minutes a week or drinking vitamin D fortified milk will provide enough vitamin D.
- > **DO** weight-bearing exercise such as walking, jogging, gardening or dancing for 30-40 minutes at least three times a week.
- > **DON'T** smoke. Limit use of alcohol and caffeine because they take calcium away from your bones.
- > **CHECK** with your doctor about estrogen replacement therapy or alternatives.



### Get cooking with calcium.

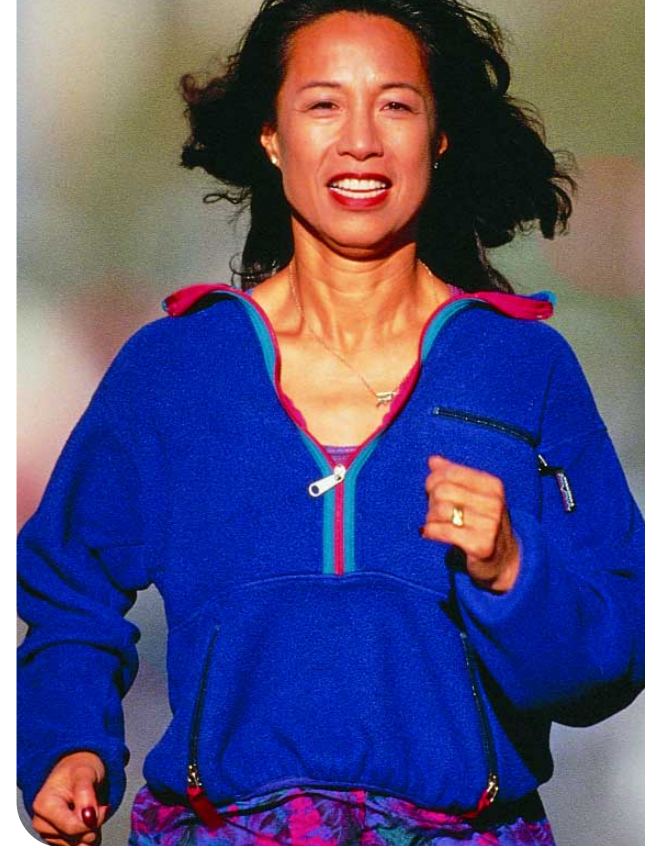
You can get a lot of great calcium in the foods you eat. Some good sources of calcium are bok choy, salmon, broccoli, kale, shrimp, tofu and soy products, calcium-fortified orange juice, oatmeal, yogurt, cheese, skim milk, cottage cheese and ice cream.

## A CHANGE IN LIFE IS NATURAL. WEAK BONES ARE NOT.

Just as there are stages in life like childhood, adolescence and child-bearing years, there is a time in every woman's life when she goes through the change of life, menopause.

One of the biggest changes brought on by menopause is the change it produces in your bone strength and mass. Because your body produces less of the hormone, estrogen, which is important to bone strength, your bones gradually lose mass. When this loss is severe, it can cause them to become weak and fragile and may cause such things as a bent back. This condition is a disease called osteoporosis.

Osteoporosis is a silent disease, since there are no symptoms. The good news is you can help prevent it. So talk to your doctor. Take the steps you need to keep your bones strong and move with grace and agility well into old age.



## TAKE CHARGE OF "THE CHANGE"

Bring these questions with you when you visit your doctor, so that you can get the answers you need by the time you leave.

- > Can you give me some general information, such as a brochure, about menopause?
- > How can I prepare for menopause?
- > Do I need to consider estrogen replacement therapy or alternatives?
- > Do any of my medications have side effects?
- > I've heard of a bone density test. Do I need one?  
How much does it cost? Is it covered by insurance?

Want more tips on staying young, eating right and keeping your bones strong as you mature? Call the Texas Department of Health at [1-800-242-3399](tel:1-800-242-3399) or check our website at [www.tdh.state.tx.us/osp/osteo](http://www.tdh.state.tx.us/osp/osteo)